

Mindfulness, Emotions & Feelings Activities for Friday

On the Move

Pass the Ice Cream

Even though ice cream is hard to share, we love sharing with our friends! This can be a great activity for siblings.

Materials:

- Paper
- Tape
- Small ball

Instructions:

1. Roll a piece of paper into a cone and tape it together (repeat to create two or more cones).
2. Place the small ball at the top of the cone.
3. Ask you toddler to “share their ice cream” by pouring the ball into the next participants cone.
4. Repeat until all players have a turn and return the ball to the first person. Repeat.

Adventures Online

Mindful Movement

Learn these movements to calm your body. Talk with your child about ways he/she can calm down when he/she are feeling different emotions.

<https://www.youtube.com/watch?v=5aEl8lb7coY>

Sensory Time

Self Portrait

Making faces can be so much fun. Tell me what face you’re making.

Materials:

- Mirror
- Old magazines
- Scissors
- Glue
- Paper/paper plate

Instructions:

1. Have your child make a face in the mirror to show emotion (happy, sad, angry, excited, etc.)
2. Search for pictures of facial features (eyes, noses and mouths) that look like they face they made in the mirror and assist them with cutting them out
3. Use the magazine cut outs to glue onto the paper plate or paper to create the face they made.
4. Have your child make another emotion in the mirror and repeat the steps to create another self-portrait.

Story Time

NOW

Enjoy this story about a little girl who takes us on a tour through all her favorite things.

Read Aloud: <https://www.youtube.com/watch?v=I8k-qrtbCRg>

Arts and Creativity

Shape Feelings

Enjoy this collage of shapes while creating their own emotions.

Materials:

- Large piece of paper
- Crayons/markers or paint
- Construction paper/paper
- Glue
- Scissors

Instructions:

1. Cut the paper in different types of shapes, or precut paper into different facial features (eyes, nose, mouth).
2. Use the paper shape to design a feeling face. Make as many shapes as your child likes to show the different emotions they may feel throughout the day.